

22. A composition comprising:

- a) a chondroprotective agent selected from the group consisting of ~~gelatin~~, cartilage, aminosugars, glycosaminoglycans, methylsulfonylmethane, ~~precursors of methylsulfonylmethane~~, S-adenosylmethionine, salts thereof, and mixtures thereof;
- b) at least about 10% water, by weight of the composition; and
- c) less than about 19 grams total carbohydrate per every 230 milliliters of the composition.

34. A composition comprising:

- a) a chondroprotective agent selected from the group consisting of ~~gelatin~~, cartilage, aminosugars, glycosaminoglycans, methylsulfonylmethane, ~~precursors of methylsulfonylmethane~~, S-adenosylmethionine, salts thereof, and mixtures thereof; and
- b) less than about 18 grams total carbohydrate per every 230 milliliters of the composition;

wherein the composition is substantially free of aspartame.

43. A kit comprising:

- (a) a composition according to Claim 1; and
- (b) information that use administration of the composition is useful for one or more benefits selected from the group consisting of joint health benefits, bone health benefits, anti-inflammation, and utility for diabetic mammals.

44. A kit comprising:

- (a) a composition according to Claim 13; and
- (b) information that use administration of the composition is useful for one or more benefits selected from the group consisting of joint health benefits, bone health benefits, anti-inflammation, and utility for diabetic mammals.

45. A kit comprising:

- (a) a composition according to Claim 22; and
- (b) information that use administration of the composition is useful for one or more benefits selected from the group consisting of joint health benefits, bone health benefits, anti-inflammation, and utility for diabetic mammals.

46. A kit comprising:

- (a) a composition according to Claim 34; and
- (b) information that use administration of the composition is useful for one or more benefits selected from the group consisting of joint health benefits, bone health benefits, anti-inflammation, and utility for diabetic mammals.